

**PHYSICAL FITNESS COMMITTEE
MINUTES
FEBRUARY 21, 2018
5 - 6 p.m.**

The Physical Fitness Committee held a public meeting on 2/21/2018, beginning at 5:00 p.m. at the following location:

Maryland Department of Health
201 West Preston Street, L-1
Baltimore, MD 21201

MEMBERS PRESENT

Suzanne Stringer, Chair
Jennifer Eastman
Mychelle Farmer
Julie Maneen
Johnel Metcalf
Aruna Nathan
Joanne Roberts
Liz Woodward

MEMBERS NOT PRESENT

Min Kim

MARYLAND DEPARTMENT OF HEALTH STAFF PRESENT

Christine Boyd, Partnership Coordinator
Caroline Green, School Health Coordinator

OTHERS PRESENT

Mansi Doul, MD
Loretta Hoepfner, American Academy of Pediatrics, Maryland Chapter

Christine Boyd called the Physical Fitness Committee meeting to order at 5 P.M.

1. Introductions

Each member introduced him or herself, followed by staff and guests.

2. Committee Function and Responsibilities

Christine reviewed objectives for the first Committee meeting, including identifying the Committee's priority, which will direct its work in the coming year. Committee meetings will be the second hour of Council meetings. Committees can meet in-person or by phone in between those times. Members must attend at least 75% of meetings with at least one meeting attended in-person. There will always be a teleconference option. Members should actively engage in discussions and participate in assigned tasks.

Christine introduced Suzanne Stringer, who volunteered to serve as Fitness Committee Chair. Ms. Stringer is an ACE Certified Health Coach, Personal Trainer, and Group Fitness Instructor. Previously she was a member of the former Advisory Council on Physical Fitness.

As Chair, Ms. Stringer will report on Committee activities at each Council meeting, and support efforts to engage members and meet deadlines set forth in the Committee's objective(s).

Christine Boyd will act as staff lead to help the Chair set meeting agendas and advance action items, and will provide general meeting logistics and communication.

3. Goal Setting Discussion and Action Plan Process Mapping

Ms. Boyd asked each Committee member to identify two goals they would like to work on in the next year or two. Each member contributed their goals. After discussion and categorization of the ideas, members voted for on a goal for the upcoming year:

Proposed Goal: Increase awareness of inclusive and affordable physical activity opportunities in Maryland (item for discussion during committee session).

Additional areas of interest include:

- Increasing adherence to physical activity recommendations (150 minutes/week for adults; 60 minutes/day for children).
- Amplifying existing physical activity campaigns or programs.
- Identifying a data source or survey that captures physical activity rates in Maryland children; promoting prescriptions for physical activity;
- Using children as vectors to improve health and participation in physical activity.
- Reducing obesity by improving rates of participation in physical activity.
- Increasing the rate of children and adults at a healthy weight through physical activity education.
- Increasing education on functional exercise.
- Rebranding exercise as physical activity.

Ms. Boyd shared next steps with goal setting, which includes setting measurable priorities and mapping out specific action steps to achieve the Committee's goal. These will be completed at the next meeting.

Ms. Boyd mentioned the Center for Chronic Disease Prevention and Control is planning a Physical Activity Conference, *Be Active Maryland*, on May 23, 2018 in College Park. Additional information will be forthcoming.

4. Adjournment

The meeting was adjourned at 6:03 P.M.